

**WHAT IS CLAIMED IS:**

1. A method for enhancing the growth of preterm infants comprising administering to the preterm infants a preterm nutritional product or nutritional supplement having a growth-enhancing amount of DHA and ARA.

2. The method according to claim 1, wherein the nutritional product or supplement is a preterm infant formula.

3. The method according to claim 1, wherein the ratio of ARA:DHA is about 1:2 to about 5:1.

4. The method according to claim 1, wherein the ratio of ARA:DHA is about 1:1 to about 3:1.

5. The method according to claim 1, wherein the ratio of ARA:DHA is about 2:1.

6. The method according to claim 1, wherein the DHA and ARA are derived from a source comprising fish oils.

7. The method according to claim 1, wherein the DHA and ARA are derived from a source comprising single cell oils.

8. The method according to claim 1, wherein the DHA and ARA are derived from a source comprising egg or yolk lipids.

5 9. The method according to claim 1, wherein the DHA and ARA are derived from a source comprising brain lipids.

10 10. The method according to claim 2, wherein the infant formula is nutritionally complete and comprises lipid in an amount of from about 3 g/100 kcal to about 7 g/100 kcal, protein in an amount of from about 1 g/100 kcal to about 5 g/100 kcal, and carbohydrate in an amount of from about 8 g/100 kcal to about 12 g/100 kcal.

15 11. The method according to claim 1, wherein the nutritional supplement is selected from the group consisting of oil drops, sachets, and vitamins.

20 12. A preterm infant formula for enhancing the growth of preterm infants, the preterm infant formula comprising a growth-enhancing amount of DHA and ARA.

13. The preterm infant formula according to claim 12, wherein the ratio of ARA:DHA is about 1:2 to about 5:1.

14. The preterm infant formula according to claim 12, wherein the ratio of ARA:DHA is about 1:1 to about 3:1.

5 15. The preterm infant formula according to claim 12, wherein the ratio of ARA:DHA is about 2:1.

10 16. The preterm infant formula according to claim 12, wherein the infant formula is nutritionally complete and comprises lipid in an amount of from about 3 g/100 kcal to about 7 g/100 kcal, protein in an amount of from about 1 g/100 kcal to about 5 g/100 kcal, and carbohydrate in an amount of from about 8 g/100 kcal to about 12 g/100 kcal.

15 17. A method for enhancing the growth of a preterm infant comprising feeding said infant a nutrient-enriched formula containing DHA and ARA in quantities that, if said infant formula were the sole source of caloric intake, would deliver an average daily intake per kg body weight of about 2.5 to 60 mg DHA and about 5 to 120 mg ARA, said feeding continuing until said preterm infant reaches a corrected age of about six months.

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18. A method for enhancing the neurological development of a preterm infant comprising feeding said infant a nutrient-enriched formula containing DHA and ARA in quantities that, if said infant formula were the

sole source of caloric intake, would deliver an average daily intake per kg body weight of about 2.5 to 60 mg DHA and about 5 to 120 mg ARA, said feeding continuing until said preterm infant reaches a corrected age of about six months.